



*The Oxalates &
Calcium Oxalates Foods &
Substances Lists*

The Oxalates & Salicylates Foods & Substances Lists

Oxalates are naturally occurring compounds in plants (and some animal foods) that bind minerals in the body, such as magnesium, potassium, calcium, and sodium, forming oxalate salts. Most of these salts are soluble and are quickly excreted from the body. However, oxalates that bind with calcium are practically insoluble, and these crystals solidify in the kidneys, producing kidney stones, or in the urinary tract, causing pain and irritation. Oxalates, as far as research has indicated to date, are not used in manufacturing.

Salicylates are naturally occurring chemicals found in plants that protect plants from being eaten by insects or attacked by disease. They are more prevalent in raw foods and pose problems, especially for Americans, because commercial plant foods are often picked too early. Salicylates are used in commercially prepared food products, personal hygiene products such as toothpaste, lotions, soaps, and cosmetics, and in drugs such as aspirin, which is derived from the chemical itself. Although poisonous, salicylates are usually tolerated when ingested in small amounts. However, when consumed excessively, they can cause a wide range of symptoms.

Oxalates and salicylates can cause kidney stones, Tinnitus, Fibromyalgia, Chronic Fatigue Syndrome, Irritable Bladder Syndrome (including Interstitial Cystitis), Vulvodynia, Depression, panic attacks, headaches, skin rashes, and chronic pain conditions. Why? As noted, they cause the formation of sharp crystals and can also trigger histamine release.

Symptoms of Oxalate & Salicylate Sensitivity & Toxicity

Oxalate Sensitivity & Toxicity Symptoms Only

General – Burning, tingling, or numb hands or feet, cold hands or feet, sensitive teeth and gums, burning lips, popping jaws, calcium deposits on the cornea, vomiting

Genital - Inflammation, red or purple sores or bumps, white patches or red spots, stabbing or stinging pains, pain that is not visible, cut-like splits in skin, clitoral pain (or penile pain in men), pain around the vaginal opening, painful intercourse, pain when touching the vagina or upon pulling the vaginal hair, and internal pelvic pain or soreness, rectal burning, pain, itching, spasm, redness, irritation, bleeding from fine tears, burning discharge, bladder infections, concentrated or pungent urine, and chronic interstitial cystitis

Urinary - Urine that squeezes out in drops rather than a flow, urethral pain that increases while sitting on pressure points

Skin – Sensitive skin in general, pain when you tug on your hair, commercial products make you itch, burn (or turn red), or sunburn easily.

Salicylate Sensitivity & Toxicity Symptoms *Only*

- Anaphylaxis (rare), blackouts
- Dizziness, poor balance, vertigo
- Blurry vision
- Ringing in the ears (Tinnitus)
- Recurring ear infections
- Addictions, food cravings, constant hunger, excessive thirst
- Weight problems
- Difficulty swallowing, stomach pain, nausea, upset, bloating
- Gallbladder issues
- Breast pain, menstrual problems (including PMS)
- Blood sugar problems
- Palpitations, racing pulse, high or low blood pressure, temperature fluctuation
- Asthma, breathing difficulties, wheezing, persistent cough
- Swelling of eyelids, styes, sore, watery, gritty, puffy eyes, face, or lips
- Sinusitis, congestion, nasal polyps
- Chronic sweating, heavy body odor
- Bedwetting
- Ulcers in the mouth or a hot, red rash around the mouth, bad breath, coated tongue, thrush, metallic taste
- Changes in skin color or discolorations
- Acne
- Eczema
- Athlete's Foot

Mental & Behavioral Symptoms of Salicylate Sensitivity & Toxicity *Only*

- ADD/ADHD, restlessness, poor learning, cognitive, and perceptual disorders
- Math, reading, and spelling problems, changes in handwriting, dyslexia
- Hearing without comprehension, slow to process information
- Behavioral problems, indifference
- Hyperactivity, accident-prone, clumsiness, fidgeting

- Poor concentration and memory problems, brain fog, blankness, confusion, an unreal or detached feeling, disorientation, can't think straight, without perspective.
- Depression and anxiety, irritability, mental exhaustion, mood swings, suicidal feelings, weepiness, feeling withdrawn
- Panic attacks, phobias, tenseness, rage
- Difficulty waking up
- CNS (central nervous system) depression
- Slurred speech, stammering
- Delusions, hallucinations

Overlapping Symptoms of Oxalate & Salicylate Sensitivity & Toxicity

- Crawling or itching sensation on the skin
- Sensitive skin, sensitive scalp, itchy skin, hives, welts
- Rashes
- Stomach pain, upset, indigestion, constipation, diarrhea, colitis, irritable bowel
- Frequent need to urinate or urgency
- Headache, migraine, stiff neck
- Swelling of hands, feet
- Canker sores
- Burning, stinging, sore, or tingling mouth
- Fatigue, chronic fatigue, feeling drained, lethargy
- Ringing in the ears (Tinnitus)
- Dizziness, poor balance
- Body aches, weak muscles, stiffness, joint pain,
- Fibromyalgia
- Sensitivity to light and noise
- Flushing
- Restless Leg Syndrome, restlessness
- Tension, tics, muscle tremors, cramps
- Insomnia, sleep disturbances

Note: You'll find holistic alternatives for many of these conditions [here](#).

Low Oxalate & Low Salicylate Diets

There are low-oxalate diets and low-salicylate diets. The list of foods that follows isn't a diet. It merely informs you of the amounts of oxalates and salicylates in certain foods and products.

Reviewing the symptoms checklist may help you determine which toxin is most appropriate to eliminate first. Often, just the symptom checkers alone will reveal the answer.

As you review the food list, note any high-salicylate or high-oxalate foods you eat daily or weekly. The foods you love or crave are often the ones that poison the body the most. Keeping a food diary can help you determine whether it's oxalates or salicylates causing most of your symptoms. Once these natural chemicals build up in your body, it can take 4-6 weeks to eliminate them. Afterward, you may resume eating them, but do so in moderation.

Eliminating one toxin at a time will help you know which foods or products create your symptoms.

Abbreviation Guide

The abbreviation guide below will help you determine which foods are acceptable and which aren't when following a low-salicylate or oxalate diet.

- **LOX** – Low Oxalate
- **L-MOX** – Low to Medium Oxalate
- **MOX** – Medium Oxalate
- **M-HOX** – Medium to High Oxalate
- **HOX** – High Oxalate
- **NS** – Negligible
- **LS** – Low Salicylate
- **MS** – Medium Salicylate
- **HS** – High Salicylate
- **VHS** – Very High Salicylate

You can consume low-oxalate and salicylate foods as often as you like and foods containing moderate amounts of oxalates and salicylates 3-5 times weekly. Foods containing high to very high amounts of oxalates and salicylates should be avoided or consumed in minimal quantities.

The Oxalates & Salicylates Foods Lists

Fruits

Apples, peeled on the low oxalate diet	LOX
Apples, peeled, Red or Golden Delicious	LOX, LS
Apples, Red Delicious	LOX, MS
Apple, Custard	MS
Apples, all others	LOX, HS
Apricot	VHS
Avocado	LOX, VHS
Banana (high in histamines)	LOX, NS
Banana, sugar	HS
Blackberries	M-HOX, VHS
Blueberries	M-HOX, VHS
Boysenberry	VHS
Cantaloupe	LOX/HS
Casaba	LOX
Cherries, red sour	MOX
Cherries, red sour canned	LS
Cherries, canned Morello	HS
Cherries, all other kinds	VHS
Cranberries canned (Ocean Spray)	LOX, VHS
Cranberries, dried	MOX, VHS
Currants, black	MOX, VHS
Currants, red	HOX, VHS
Dates	HOX, VHS
Dewberries	M-HOX
Figs, dried	HOX, MS
Figs, canned	MS
Figs, Kadota	LS
Fruit cocktail	HOX
Gage, Damson	MOX
Gooseberries	HOX

Grapes, seedless green	L-MOX, VHS
Grapes, red	L-MOX, VHS
Grapes, canned green	LS, VHS
Grapefruit	HOX, HS
Guava	VHS
Honey Dew melon (and most melon)	LOX
Kiwi	HOX/HS
Lemons, without the peel	LOX
Lemon peel	HOX
Lemon, fresh	L-MS
Lime peel	HOX
Loganberry	VHS
Loquat	MS
Lychee	HS
Mandarin	HS
Mangoes	LOX, L-MS
Melons (all)	HS
Melon, Rock	VHS
Mulberry	HS
Nectarines	LOX, HS
Oranges	MOX, VHS
Orange peel	HOX, VHS
Papaya	LOX, LS
Passion Fruit	L-MS
Peach	HS
Paw Paw	LS
Pears, ripe and peeled	MOX, NS
Pears, with peel	MS
Pears, canned	N-MS
Pears, Nashi	MOX, LS
Peaches, canned	L-MOX
Persimmon	L-MS
Pineapple, canned, Sainsbury	MOX, VHS
Pineapple, canned chunks, Dole	MOX, VHS
Pineapple, dried	HOX, VHS
Plums, green or gold	L-MOX, VHS
Plums, green fresh	LS, VHS
Plums, purple	MOX, VHS
Pomegranate	MS
Prunes, Italian	MOX
Prunes, all	VHS
Raisins, Golden	LOX
Raisins, all	MOX, VHS
Raspberries, red and black	M-HOX, VHS
Rhubarb	HOX, L-MS
Strawberries	M-HOX, VHS

Sultana	VHS
Tangelo	VHS
Tamarillo	LS
Tangerines	HOX, VHS
Watermelon (and most melon)	LOX, HS
Youngberry	VHS

Note: All dried fruits are very high in salicylates.

Vegetables

Acorn squash	LOX
Asparagus, fresh	MOX, LS
Asparagus, canned or tinned	MS
Artichoke	MOX, HS
Aubergine, peeled	MS
Aubergine, with peel	HS
Avocado (actually a fruit)	LOX
Bamboo shoots	NS
Beet, tops, roots, greens	HOX
Beet, root	L-MS
Broccoli	MOX, HS
Brussels sprouts	MOX, LS
Cabbage, white or green	LOX, NS
Cabbage, red	LOX, L-MS
Capsicum	VHS
Carrot, fresh	MOX, L-MS
Cauliflower	LOX, LS
Celery	HOX, NS
Champignon	VHS
Chicory	VHS
Chives	L-MOX, LS
Choko	LS
Collard greens	HOX
Corn, sweet, white or yellow, fresh/cob	MOX, L-MS
Courgette	VHS
Cucumbers, peeled (1 medium)	LOX, HS
Cucumbers, with peel (1 medium)	MOX, HS
Cucumbers, pickles, and anything pickled	VHS
Dandelion greens	HOX
Eggplant	HOX, HS
Endive	VHS
Escarole	HOX
Garlic	MOX, LS

Gherkin	VHS
Kale	HOX
Kohlrabi	MOX
Leek	HOX, N-LS
Lettuce, Iceberg (1/2 cup)	LOX, NS
Romaine (1/2 cup)	LOX, MS
Lettuce, Iceberg, Romaine (1 cup)	MOX, MS
Lettuce, any other (1/2 cup)	MOX, MS
Lima beans	MOX, HS
Marrow	MS
Mushrooms, fresh	L-MOX, L-MS
Mustard greens	MOX
Okra	HOX, HS
Olives, black (really a fat)	LOX, MS
Olives, canned black	L-MOX, HS
Olives, canned green	L-MOX, VHS
Onions, yellow and white	L-MOX, LS
Parsley	HOX
Parsnips	HOX, MS
Peas, green, fresh or frozen	LOX, N-LS
Peas, Snow	MOX, MS
Peppers, hot or sweet red	LOX, VHS
Peppers, green	M-HOX, VHS
Peppers, all	VHS
Pokeweed	HOX
Popcorn (really a grain)	HOX
Potatoes, white, red, peeled (1/3 cup)	L-MOX, N-MS
Potato, with peel	LS
Potato chips, baked, plain	MOX, LS
Pumpkin	M-HOX, L-MS
Radish	L-MOX, H-VHS
Rhubarb (really a fruit)	HOX
Rutabagas	HOX
Sorrel	HOX
Shallots	LS
Squash, zucchini	LOX, HS
Squash, yellow, and summer	HOX
Spinach, fresh	HOX, HS
Spinach, frozen	MS, HS
Sprouts, alfalfa sprouts	LOX, HS
Sprouts, Mung bean	LOX, N-LS
Sprouts, other	L-MS
Swede	NS
Sweet potato	HOX, HS
Swiss chard	HOX
Tomato, fresh	MOX, MS

Tomato, canned sauce (1/4 cup)	M-HOX, MS
Tomato products	HOX, VHS
Turnip, root	LOX
Turnip	MOX, LS
Turnip greens	HOX, MS
Water chestnuts	LOX, H-VHS
Watercress	M-HOX, HS

Herbs & Spices

Allspice	VHS
Aniseed	VHS
Basil (1 tsp)	LOX, VHS
Basil (1 tbsp)	MOX, VHS
Bay leaf	HS
Cardamom	HS
Caraway	HS
Cayenne	VHS
Celery, powder	VHS
Cloves	HS
Chili, both flakes and powder	VHS
Cinnamon (1 tsp)	MOX, HS
Cinnamon, more than 1 tsp	HOX, HS
Coriander, fresh	MS, HS
Coriander, leaves (Chinese parsley)	MS, HS
Cumin	VHS
Curry	VHS
Dill (1 tsp)	LOX
Dill (1 tbsp)	MOX, VHS
Fennel, dried	LS
Fenugreek	VHS
Garlic	N-LS
Ginger, raw or ground (1 tsp)	MOX, VHS
Ginger, raw or ground (1 tbsp)	HOX, H-VHS
Mace	VHS
Marmite	VHS
Mustard, Dijon (1 tbsp)	LOX, HS
Mustard, Dijon, (1/2 cup)	MOX, HS
Mustard, ground	VHS
Nutmeg (1tsp)	LOX, VHS
Nutmeg (1 tbsp)	HOX
Oregano	VHS
Paprika	VHS
Pepper, white	LOX, VHS

Pepper, black (1 tsp)	MOX, VHS
Pepper, more than 1 tsp per day	HOX, VHS
Peppermint	VHS
Pimiento	HS
Rosemary	VHS
Saffron	LOX, LS
Sage	VHS
Tandoori, spice powder	LS
Tarragon	LOX, VHS
Thyme	VHS
Turmeric	VHS
Vanilla extract (real)	LOX

Nuts

Almonds	HOX, VHS
Brazil nuts	HS
Cashews	L-MOX, L-NS
Coconut	LOX
Coconut, desiccated	MS
Hazelnuts	LS
Macadamia	LOX, HS
Peanuts, with hull	HOX, VHS
Peanuts, with no hull	MS
Peanut butter	HOX, L-MS
Pecan	HOX, LS
Pine nuts	HS
Pistachio nuts	HS
Walnuts	M-HOX, MS
Tahini	HOX

Seeds

Flax	LOX
Poppy seeds	LS, NS
Pumpkin seeds	MS
Sesame seeds	HOX, L-MS
Sunflower seeds, dry roasted, hulled (1 oz)	M-HOX, LS

Beans & Lentils

Baked beans in tomato sauce, canned	HOX
Beans, Borlotti	LS
Beans, dried (except Borlotti)	HOX, NS
Bean Sprouts	See <i>Vegetables (Sprouts)</i>
Garbanzo beans (chickpeas)	MOX
Garbanzo beans, canned	HOX, LS
Fava bean	HOX
Green beans	M-HOX, L-MS
Peas, split green, dried (cooked)	MOX, NS
Peas, split yellow	MOX, LS
Peas, black-eyed	LOX, N-LS
Lentils, brown and red	LOX, NS
Lentil, soup	HOX, LS
Lima beans	MOX
Navy bean	HOX
Pinto bean and refried beans	HOX
Soybean, tofu	M-HOX
Soybean, curd	HOX
Soybean products	HOX
Miso soup	HOX
Mung bean and mung sprouts	See <i>Vegetables (Sprouts)</i>
Waxed beans	HOX, L-MS

Note: Beans are high in *phytates*, a substance interfering with calcium absorption. Soak dried beans in water for several hours the night before, rinse, and cook in fresh water to neutralize the effect.

Grains

Amaranth	HOX
Bagel (1 medium)	MOX
Barley	NS
Beans	See Nuts, Seeds & Beans
Bread, made without flour	Check ingredients.
Bread, white (2 slices)	MOX
Bread, whole wheat	HOX
Bread, rye	LOX
Buckwheat	NS
Cereal, plain	LOX
Cereal, barley	L-MOX, NS
Cereal, Cheerios	HOX

Cereal, cornflakes	LOX/HS
Cereal, cream of wheat	HOX
Cereal, any with fruit, nuts, honey, flavoring, or coconut	HS
Cereal, oatmeal with no added flavorings	NS
Cereal, rice	NS
Corn tortilla	MOX
Cornbread	MOX
Cornmeal	MOX, HS
Crackers, graham	HOX
Crackers, soybean	HOX
Crackers, saltine/soda	MOX
Noodles, egg	LOX
Noodles, spaghetti	L-MOX
Noodles, macaroni	L-MOX
English muffin	MOX
Farina	HOX
Flour, enriched wheat, white, plain flour	MOX, NS
Flour, graham	HOX, NS
Flour, rye	NS
Flour, soy	HOX, NS
Flour, whole wheat	HOX, NS
Flour, stone ground	HOX, NS
Flour, other than the above (i.e., soy, sago, rye, rice)	NS
Grits, white corn	HOX
Kamut	HOX
Maize	HS
Malt	NS
Malt, extract	NS
Millet	LS, NS
Oatmeal	HOX, NS
Popcorn	HOX
Polenta	HS
Rice, white	LOX, NS
Rice, brown	MOX, NS
Rice, wild	L-MOX, NS
Spelt	HOX
Wheat, bran	HOX, NS
Wheat, germ	HOX, NS
Yellow-dock	HOX

Fats & Oils

Bacon (high in additives, which makes it VHS)	LOX, H-VHS
Butter	LOX, NS
Canola oil	NS
Margarine, made from acceptable oils	LOX, NS
Mayonnaise, regular	L-MOX, MS
Mayonnaise, salad dressing,	LOX
Safflower oil	LOX, NS
Soy oil	HOX, NS
Sunflower	LOX, NS
Ghee	LOX, LS
Almond oil	LOX, MS
Corn oil	M-HOX, MS
Peanut oil	M-HOX, MS
Copha	HS
Sesame oil	M-HOX, HS
Walnut oil	M-HOX, HS
Coconut oil	LOX, VHS
Olive oil	LOX, VHS

Milk & Creams

Buttermilk	LOX
Half & Half	LOX
Milk, all (except soy)	LOX, NS
Cream	NS
Rice Dream	HOX, NS
Sour cream	LOX, NS
Soy milk	HOX, NS
Whipping cream	LOX

Dairy

Cheese	LOX
Cheese, not blue vein	NS
Ice cream, natural only	NS
Parmesan	LOX
Yogurt, nonfat, plain, organic	LOX, NS
Yogurt, <i>Dannon</i> , with low oxalate fruits, except orange	LOX

Meat

Bacon, up to 9 average, thin strips	LOX
Bacon, over 9 average, thin strips	MOX
Beef	LOX, NS
Beef, kidney	MOX
Chicken	LOX, NS
Corned beef	LOX
Eggs	LOX, NS
Fish, fresh	LOX, NS
Fish canned in unacceptable oils or seasonings	HS
Lamb	LOX, NS
Liver, all	MOX, LS
Lunch meat, seasoned	VHS
Organ meats (except liver, which is MOX)	NS
Pork, including ham	LOX
Prawns	LOX, LS
Rabbit	NS
Sardines	MOX
Sausage casing	NS
Scallops	NS
Tripe	NS
Shellfish	LOX, LS
Veal	NS

Note: Most meats, poultry, and seafood are allowed on low-oxalate and salicylate diets. However, pre-seasoned meats such as salami, hot dogs, bacon, and sausages, as well as fish and meat pastes, are very high in salicylates.

Miscellaneous

Arrowroot	NS
Baker's yeast	N-LS
Carob	NS
Cocoa, dry powder	HOX, NS
Corn starch (1 TB)	L-MOX, NS
Flavorings (including fruit)	VHS
Garam, masala	VHS
Gelatin, unflavored (Knox)	LOX
Gravy, prepared mixes, meat extracts, bouillon, etc.	HS
Horseradish	L-MS
Malt, powder (1tbsp)	MOX
Molasses	NS

Salt	LOX, NS
Soy sauce, free of spices and MSG	M-HOX, LS
Tapioca	NS
Tea (except some brands of Chamomile)	HOX, VHS
Tabasco	VHS
Vinegar, malt	L-MOX, NS
Vinegar, cider	L-MOX, VHS
Vinegar, white	L-MOX, VHS
Vinegar, wine	L-MOX, VHS
Worcester sauce	VHS
Yeast Extracts (different than Baker's yeast)	VHS

Sweets & Snacks

Apple butter, fresh from acceptable apples	LS
Candy (flavored)	VHS
Caramel, homemade from sugar and water.	LOX, N-LS
Caramel, Pascall's	NS
Caramel, store-bought usually contains additives	VHS
Corn syrup	LOX, HS
Golden syrup	NS
Gelato	HS
Gum, chewing	VHS
Fig Newton	HOX
Fruit cake	HOX
Honey, bee (1 TB)	LOX, VHS
Honey, flavoring	VHS
Jelly and jam from L-MOX fruits	LOX
Jelly and jam, commercial varieties	, VHS
Jelly and jam, pear	L-MS
Licorice	VHS
Maple syrup, pure (1 TB)	LOX, NS
Mints, all	VHS
Mint flavored sweets	VHS
Molasses	MS
Peppermints	VHS
Popsicles	VHS
Popcorn/popping corn	MOX, HS
Potato Chips, plain, baked	MOX, LS
Sherbet	VHS
Sorbet	VHS
Sponge cake (1 slice)	MOX
Sugar, brown	LOX, LS
Sugar, castor	NS

Sugar, raw	LOX, MS
Sugar, white granulated	LOX, NS
Sugar, powdered white	NS
Vanilla wafers (Nabisco)	MOX
White chocolate	LOX

Water	LOX, LS
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Fruit Drinks

Apple juice or Cider, made with only peeled Golden or Red Delicious apples	LOX, L-MS
Berry juice, any other	HOX
Cranberry juice	MOX, VHS
Grape juice	MOX, VHS
Grapefruit juice	M-HOX, H-VHS
Lemon juice (1 cup)	LOX, L-HS
Lime juice	LOX
Orange juice	MOX, VHS
Pineapple juice	LS, VHS
Tomato juice, fresh (1/2 cup)	MOX

Coffee	MOX
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Milk	LOX
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Soft Drinks

Coke, Coca-Cola	LOX
Ginger ale, <i>Schweppes</i>	LOX
Orange soda, Minute Maid	L-MOX
Pepsi, Pepsi Cola	L-MOX
Root Beer, Borg's, and A&W	LOX

Tea

Bigelow Herbal Tea (hot brew time 4 minutes, unless otherwise stated)

Apple Orchard	HOX
Apple & Spice	LOX, M-VHS
Chamomile Mint	LOX, VHS
Chamomile & Lemon	MOX
Cinnamon Orange	LOX, VHS
Cranberry Apple	LOX
Fruit & Almond	HOX, VHS
I Love Lemon	HOX
Mint Medley	HOX, VHS
Orange Spice	HOX, VHS
Orange & Chamomile	HOX
Perfect Peach	HOX
Perfect Peach (iced 10-minute brew)	LOX
Purely Peppermint	LOX, VHS
Red Raspberry	HOX, VHS
Red Raspberry (iced, 10-minute brew)	LOX, VHS
Raspberry Royale	LOX, VHS
Tahitian Breeze	LOX
Take-a-Break	HOX
Spearmint	LOX, VHS
Strawberry, most	HOX, VHS
Sweet Dreams	HOX, H-VHS
Black, most	HOX, VHS
Green, most	HOX, VHS
Indian	HOX, VHS
Kukicha Twig Tea	LOX
Rosehip	MOX

Note: Most tea is very high in salicylates. Be sure to read the ingredient labels for all commercial teas. Tea with artificial flavorings and spices is very high in salicylates.

Chocolate Drinks

Cocoa	HOX
Chocolate drink mixes (Ovaltine, etc.)	HOX, NS
Chocolate milk	HOX

Alcoholic Beverages

Beer, Budweiser, 12 oz.	MOX
Beer, draft or stout (<i>Guinness</i>), 12 oz.	MOX
Beer, lager, draft, Tuborg, Pilsner	HOX
Distilled alcohol	LOX
Gin, Vodka, Whiskey	NS
Wine, port, sherry, white, red, rosé, dry	LOX
Wine, Beaujolais	M-HOX

Beware of the Following Product Ingredients

The following are ingredients on many product labels. The names may differ, but the meaning is the same. It means your product contains salicylates you will ingest or absorb through your mouth, nose, or skin.

- Acetylsalicylic acid
- Nitrates/nitrites
- Benzoates (preservatives)
- Methyl salicylate
- Benzyl salicylate
- Octyl salicylate
- Beta-hydroxy acid
- Phenylethyl salicylate
- BHA
- Salicylaldehyde
- BHT
- Salicylamide
- Choline salicylate
- Salicylate
- Ethyl salicylate
- Salicylic acid
- Isoamyl salicylate
- Salsalate
- Magnesium salicylate
- sodium Salicylate
- Food dyes

Products Containing Salicylates

If you suspect salicylate sensitivity, you should avoid the following products or at least check their labels to ensure they're safe for you. It's not a complete list, but it will get you started.

- Mints (all)
- Wintergreen
- Menthol
- Muscle pain creams
- Eucalyptus oil
- Magnesium salicylate
- Nitrates and nitrites
- Aloe vera gel
- Artificial flavorings
- Food colors
- Preservatives (Benzoates)
- Yellow dyes #5 and #6
- Licorice (some)
- Gum
- Breath fresheners
- Toothpaste
- Mouthwash
- Aspirin
- Alka Seltzer
- Shaving cream
- Lipstick (cosmetic)
- Lotions
- Skin cleansers
- Soaps
- Shampoos and conditioners
- Sunscreens and tanning lotions
- Certain herbal remedies
- Fragrances and perfumes

Supplements to Detoxify Oxalates & Salicylates

If you experience symptoms due to oxalate or salicylate sensitivity, the following supplements may be beneficial.

For ridding the body of oxalate build-up and reducing pain-related issues:

- *Calcium citrate* 500 mg, 3 x per day (1500 mg total)
- N-acetyl-glucosamine helps with Fibromyalgia, Burning Mouth Syndrome, Irritable Bladder Syndrome (including Interstitial Cystitis), and bowel problems. Take as directed on the label. You'll find holistic alternatives for these conditions [here](#).
- *OX-Absorb* can be used to neutralize oxalates. You can reach *Vitaline Formulas* at 1-800-648-4755 for information about this product.
- *Guaifenesin* (an over-the-counter expectorant), combined with a low-oxalate or anti-inflammatory diet, helps reduce symptoms of the syndromes mentioned above when caused by Histamine Intolerance. You'll still need to limit high-salicylate use, as salicylates counteract the effects of guaifenesin and prolonged use can exacerbate your histamine intolerance. Use only as directed on the label for acute symptoms for a few days. Unbalanced gut bacteria or an underlying infection typically cause histamine intolerance.

It can take up to six months to eliminate accumulated oxalates, but you may notice a difference as soon as two weeks. Once you're free of uncomfortable symptoms, gradually reintroduce oxalate-containing foods into your diet one at a time.

To rid the body of salicylate toxicity and reduce health-related issues:

- *Calcium citrate* - 500 mg 3 times daily (1500 mg total) and magnesium (2/3 the amount of the calcium dose you're taking).
- *Meta-Mag* (by *Ethical Nutrients*) is magnesium attached to glycine to enhance the absorption of magnesium. Glycine is an amino acid that detoxifies the body of salicylates. Since the original writing of this document, glycine hasn't been mentioned as an ingredient in this product. I'm unsure whether glycine was removed from the product or whether the manufacturer decided the amount of glycine wasn't significant enough to list.

An Added Note Concerning Amine & Histamine Sensitivity

Amines and histamines cause sensitivity or allergic reactions, such as increased mucus in the body, itching, rashes, hives, a headache, breathing difficulties (including asthma), abdominal cramps, burning mouth, ringing in the ears, stuffed sinuses, post-nasal drip, bladder pain, and a variety of circulatory problems. Amines, in particular, can also change the width of your blood vessels. Amines and histamines are found in about 70% of foods high in salicylates.

Due to breakdown and fermentation processes, amines and histamines are found in high concentrations in meat (especially meat that is not fresh or cooked for an extended period), cheese, and certain types of alcohol. Other foods that can increase mucus in the body include milk, dairy products, white flour, refined grains, sweets, and processed foods.

Balance and moderation are essential for successfully reducing toxicity when reducing natural plant chemicals in the diet. It's not about going cold turkey, which would be impossible. A more effective and manageable approach is to make gradual changes and switch to less toxic indulgences.

